

ClaimsWhat is claimed is:

- 1 1. A computer controlled object oriented programming
2 network system for distributing selected application
3 programs from a provider to a plurality of a customer's
4 client computers comprising:
5 a customer server computer connected to said
6 plurality of client computers;
7 means associated with said server computer for
8 storing a Hypertext Markup Language document including:
9 an embedded program applet for selectively
10 accessing each of said application programs being
11 distributed, and
12 an embedded installation applet for accessing a
13 program for installing said application programs
14 being distributed on said client computers;
15 means associated with at least one of said client
16 computers for selecting one of said application programs
17 for installation; and
18 means responsive to said selection of said
19 application program for sending said installation program
20 to the client computer that selected said application
21 program.
- 1 2. The computer controlled network system of claim 1
2 wherein said Hypertext Markup Language document is a
3 World Wide Web document.

1 3. The computer controlled network system of claim 2
2 further including means for transmitting said World Wide
3 Web document to said customer server computer over the
4 World Wide Web.

1 4. The computer controlled network system of claim 2
2 further including means for sending at least one selected
3 application program to the client computer that selected
4 said program.

1 5. The computer controlled network system of claim 4
2 further including:
3 means in said client computer for storing said
4 installation applet; and
5 wherein said means for sending said at least one
6 selected application program to said client computer
7 sends said application program after said installation
8 applet is stored in said client computer so that said
9 installation applet may access said installation program.

1 6. The computer controlled network system of claim 5
2 wherein said means for storing said installation applet
3 in a client computer stores said installation applet only
4 if said installation applet has not been previously
5 stored in said client computer.

Variable	Mean	SD	Min	Max
Age	35.2	12.5	18	65
Gender	0.48	0.50	0	1
Marital Status	0.62	0.49	0	1
Education	12.8	2.1	9	16
Income	32.5	15.2	10	60
Occupation	1.2	0.8	0	2
Health Status	0.75	0.43	0	1
Smoking Status	0.35	0.48	0	1
Alcohol Consumption	0.28	0.45	0	1
Exercise Frequency	0.15	0.37	0	1
Stress Level	2.1	1.2	1	4
Sleep Quality	0.68	0.47	0	1
Appetite	0.72	0.45	0	1
Mood Stability	0.65	0.48	0	1
Energy Levels	0.78	0.42	0	1
Concentration	0.70	0.46	0	1
Memory Retention	0.73	0.44	0	1
Emotional Stability	0.67	0.47	0	1
Resilience	0.60	0.49	0	1
Life Satisfaction	0.55	0.50	0	1
Overall Health	0.65	0.48	0	1

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Life Satisfaction	0.55	0.50	0	1
Overall Health	0.65	0.48	0	1

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Resilience	0.60	0.49	0	1
Life Satisfaction	0.55	0.50	0	1
Overall Health	0.65	0.48	0	1

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Occupation	1.2	0.8	0	2
Health Status	0.75	0.43	0	1
Smoking Status	0.35	0.48	0	1
Alcohol Consumption	0.28	0.45	0	1
Exercise Frequency	0.15	0.37	0	1
Stress Level	2.1	1.2	1	4
Sleep Quality	0.68	0.47	0	1
Appetite	0.72	0.45	0	1
Mood Stability	0.65	0.48	0	1
Energy Levels	0.78	0.42	0	1
Concentration	0.70	0.46	0	1
Memory Retention	0.73	0.44	0	1
Emotional Stability	0.67	0.47	0	1
Resilience	0.60	0.49	0	1
Life Satisfaction	0.55	0.50	0	1
Overall Health	0.65	0.48	0	1

1 9. In a computer controlled object oriented programming
2 network system, a method for distributing selected
3 application programs from a provider to a plurality of a
4 customers' client computers comprising:

5 storing in a customer server computer connected to
6 said plurality of client computers, a Hypertext Markup
7 Language document including:

8 an embedded program applet for selectively
9 accessing each of said application programs being
10 distributed, and

11 an embedded installation applet for accessing a
12 program for installing said programs being
13 distributed on said client computers;

14 selecting at one of said client computers, one of
15 said application programs for installation; and

16 responsive to said selection of said application
17 program, sending said installation program to the client
18 computer that selected said application program.

1 10. The method of claim 9 wherein said Hypertext Markup
2 Language document is a World Wide Web document.

1 11. The computer controlled network system of claim 10
2 further including the step of transmitting said World
3 Wide Web document to said customer server computer over
4 the World Wide Web.

1 12. The method of claim 10 further including the step of
2 sending at least one selected application program to the
3 client computer that selected said application program.

1 13. The method of claim 12 further including:
2 the step of storing said installation applet in said
3 client computer; and
4 wherein said step of sending said at least one
5 selected application program to said client computer
6 sends said application program after said installation
7 applet is stored in said client computer.

1 14. The method of claim 13 wherein said step of sending
2 said installation applet to a client computer stores said
3 installation applet only if said installation applet has
4 not been previously stored in said client computer.

1 15. The method of claim 14 further including user
2 interactive World Wide Web browser programs, said World
3 Wide Web browser programs including the steps of:
4 selecting at one of said client computers, one of
5 said application programs for installation; and
6 controlling said storing of said installation applet
7 only if said installation applet has not been previously
8 stored in said client computer.

1 16. The method of claim 15 wherein said World Wide Web
2 browser includes the steps of caching the stored
3 installation applet.

1 17. A computer program having code recorded on a
2 computer readable medium for distributing selected
3 application programs from a provider to a plurality of a
4 customers' client computers in a computer controlled
5 object oriented programming network system, said computer
6 program comprising:

7 a customer server computer;
8 means associated with a server computer connected to
9 a plurality of client computers for storing a Hypertext
10 Markup Language document including:

11 an embedded program applet for selectively
12 accessing each of the application programs being
13 distributed, and

14 an embedded installation applet for accessing a
15 program for installing said application programs
16 being distributed on said client computers;

17 means associated with at least one of said client
18 computers for selecting one of said application programs
19 for installation; and

20 means responsive to said selection of said
21 application program for sending said installation program
22 to the client computer that selected said application
23 program.

1 18. The computer program of claim 17 wherein said
2 Hypertext Markup Language document is a World Wide Web
3 document.

1 19. The computer program of claim 18 further including
2 means for transmitting said World Wide Web document to
3 said customer server computer over the World Wide Web.

1 20. The computer program of claim 18 further including
2 means for sending at least one selected application
3 program to the client computer that selected said
4 application program.

1 21. The computer program of claim 20 further including:
2 means in said client computer for storing said
3 installation applet; and
4 wherein said means for sending said at least one
5 selected application program to said client computer
6 sends said program after said installation applet is
7 stored in said client computer so that said installation
8 applet may access said installation program.

1 22. The computer program of claim 21 wherein said means
2 for storing said installation applet in a client computer
3 stores said installation applet only if said installation
4 applet has not been previously sent to said client
5 computer.

1 23. The computer program of claim 22 wherein said client
2 computers further include a user interactive World Wide
3 Web browser program, said World Wide Web browser program
4 including:
5 said means associated with a client computer for
6 selecting one of said application programs for
7 installation; and
8 said means controlling said storing of said
9 installation applet only if said installation applet has
10 not been previously stored in said client computer.

1 25. A Hypertext Markup Language document for
2 distribution of computer application programs to client
3 computers over the World Wide Web comprising:
4 an embedded object oriented program applet, each
5 applet for selectively accessing application programs
6 being distributed;
7 an embedded installation applet for accessing a
8 program for installing said application programs; and
9 user selectable hyperlinks to one of said embedded
10 applets.

1 26. The Hypertext Markup Language document of claim 25
2 further including a user selectable install hyperlink to
3 automatically install in client computers, the
4 application programs accessed by said embedded program
5 applets.

1 27. The Hypertext Markup Language document of claim 26
2 wherein said embedded object oriented program applets and
3 installation applets are implemented in the Java object
4 oriented programming language.